

Nourishing News



IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS

NOVEMBER 2008



This publication has been sent to all:

- School Food Service Directors
- School Food Service Kitchen Managers

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CELEBRATING NOVEMBER

Nov 3rd <i>Sandwich Day</i>	Nov 17th <i>Homemade Bread Day</i>
Nov 11th <i>Veterans' Day</i>	Nov 25th <i>National Parfait Day</i>
Nov 12th <i>Chicken Soup Day</i>	Nov 27th <i>Thanksgiving</i>
Nov 13th <i>National Indian Pudding Day</i>	Nov 28th <i>You're Welcome Day</i>

To sign up for Child Nutrition trainings or for more information, visit our training web site: www.databasesdoneright.com/nutrition/

CIRCULATE TO: ☐ Superintendent ☐ Principal
☐ School Nurse ☐ Health Teacher ☐ Kitchen Staff

What are the Dietary Guidelines?

The *Dietary Guidelines* are the cornerstone of federal nutrition policy and education. They are based on what experts have determined to be the best scientific knowledge about diet and physical activity related to what we should eat and how much physical activity we need.

The *Dietary Guidelines* answer the questions, "What should Americans eat, how should we prepare our food to keep it safe and wholesome, and how should we be active to be healthy?" The *Dietary Guidelines* are designed to help Americans choose diets that will meet nutrient requirements, promote health, support active lives and reduce risks of chronic disease.

Federal nutrition assistance programs like USDA's National School Lunch and Breakfast Programs, use the principles in the *Dietary Guidelines* as the scientific basis for designing menus and nutrition education programs.



A Message from the Director

The *Dietary Guidelines for Americans (DGA)* are published every five years by the Department of Health and Human Services (HHS) and the Department of

Agriculture (USDA). These Guidelines provide advice from professional experts for people two years of age and older concerning good dietary habits. These guidelines promote health and reduce risk for major chronic diseases and serve as the basis for USDA Child Nutrition Programs and nutrition education across our nation.

The important correlation of a balanced diet to health is summarized in these *Dietary Guidelines*. They link together the importance of individual nutrients and food components into recommendations for an overall dietary lifestyle. It is also important to note that the *Dietary Guidelines* are applicable to food preferences of different racial/ethnic groups, vegetarians, and other groups.

In addition, research has shown that the school environment has a vital role in shaping children's health behaviors. Children spend the majority of their day at school, often staying for after-school activities. The foods and beverages available during and after school can contribute a number of calories to their total daily consumption.

While parents and family members have a great influence on a child's eating habits, our Idaho school nutrition professionals are also an important influence by serving healthy meals that follow the *Dietary Guidelines for*

Americans. A strong nutrition program will promote the healthy meals and services our programs offer. Recently Congress directed the Centers for Disease Control to partner with the Institute of Medicine (IOM) to review and make recommendations about appropriate nutritional foods available at the school campus. USDA will be reviewing the recommendations from this study and perhaps an update of requirements will be seen during the next reauthorization of the USDA Child Nutrition Programs. Along with these important changes the Idaho State Department of Education, Child Nutrition Programs received a Team Nutrition Grant that emphasizes the importance of the above-mentioned healthy lifestyle. The projects in this grant work toward ensuring foods and beverages offered in our USDA programs are consistent with the latest *DGA* and encourage children and adolescents to develop healthful, lifelong eating patterns. These projects are meant to be proactive in supporting all Idaho Child Nutrition Programs and school environment sales before mandated changes occur in future USDA regulations.

We hope you enjoy this important issue and all of its informative articles. Please share with us your success stories in this area so we can feature them throughout the state of Idaho. Best practices from you will allow us to learn from each other.

Sincerely,

Colleen Fillmore, PhD, RD, LD
CNP Director

New Nutrition Standards for Idaho School Food Service Programs

Heidi Martin, RD, LD, Coordinator

The *Dietary Guidelines for Americans* serve as the foundation for national nutrition policies, including the meal patterns and nutrient standards of the USDA school meal programs. The USDA has requested that state agencies begin proactively implementing the applicable recommendations for the 2005 *Dietary Guidelines for Americans* into Child Nutrition Programs. In response to the USDA's request, the Idaho state agency has formed a panel to develop New Nutrition Standards for Idaho School Food Service Programs.

The New Nutrition Standards for Idaho School Food Service Programs will include updated standards that comply with the recommendations of the 2005 *Dietary Guidelines*. Foodservice Directors throughout Idaho will have the opportunity to comment on the New Nutrition Standards in early November. The final standards will be released in January 2009 along with educational information and training on each new standard. Schools will have until August 2009 to implement the new standards into their programs. SMI reviews after August 2009 will include the New Nutrition Standards for Idaho School Food Service Programs.

Areas Currently in Consideration for the New Nutrition Standards (subject to change):

- ▶ **MAXIMUM CALORIE LEVEL**
- ▶ **ENTRÉE FAT CONTENT**
- ▶ **TRANS FATS**
- ▶ **PRE-FRIED & FRIED FOODS**
- ▶ **WHOLE GRAINS**
- ▶ **FRUITS AND VEGETABLES**
- ▶ **LOW-FAT MILK**
- ▶ **LEGUMES**
- ▶ **HIGH SUGAR FOODS**
- ▶ **FIBER**
- ▶ **SODIUM**

The New Nutrition Standards for Idaho School Food Service Programs will meet the USDA's requirements for states to implement guidelines that reflect the 2005 *Dietary Guidelines for Americans* as well as help improve the nutrition content and integrity of school meals throughout Idaho.

School Wellness Policy Reviews

Heidi Martin, RD, LD, Coordinator

Section 204 of Public Law 108-265 requires that every local education agency participating in a Child Nutrition Program establish a School Wellness Policy that includes:

- ▶ Goals for nutrition education and physical activity
- ▶ Nutrition guidelines for foods on campus
- ▶ A plan for measuring implementation at each school within the district

School Wellness Committees should continuously work to update their District Wellness Policies and evaluate the implementation of the Policy.

The Idaho Department of Education, Child Nutrition Programs will be conducting School Wellness Policy Reviews at districts in Idaho between November 2008 and May 2010. These reviews will allow the Child Nutrition Division to review all School Wellness Policies, evaluate the implementation of the Policies, and provide feedback to District Wellness Policy Committees. The Child Nutrition Program cadre members will be conducting the School

Wellness Reviews throughout the state and will contact each district prior to its review.

District Superintendents and Foodservice Directors will be sent a letter providing additional information about the review in the near future. The School Wellness Policy Reviews will check to see if there is a wellness policy in place at the district, if it has been updated, and if it is being followed by the schools within the district. At the end of the School Wellness Policy Reviews, the district will receive a letter summarizing the findings of the review with recommended areas for improvement, if needed.



Sodium: CN Programs should not be encouraging the use of salt

Anna Mae Florence RD, LD, Coordinator

Sodium occurs naturally in foods, usually in small amounts. Americans derive most of their sodium from salt (sodium chloride) and the abundance of salt found in processed foods. The health risk associated with high sodium intake is high blood pressure which can lead to heart disease and other chronic illnesses.

In the Federal food programs, sodium is not among the nutrients that are monitored. However, it is one of the nutrients that the State of Idaho Child Nutrition Programs does monitor. Currently, Idaho's criterion for sodium is set at 2mg of sodium for every calorie allowed for the meal (*see page 13.2 in the Idaho Food Service Manual*).

Salt is an acquired taste and reducing sodium should not result in bland, tasteless food. The palate needs to be adjusted and this can take time. For this reason, we suggest that Child Nutrition Programs eliminate salt shakers on the tables where the students eat. Visible salt shakers give the impression that salt intake should be encouraged. Try offering salt-free seasonings as an alternative.

A *Menu Planner for Healthy School Meals* is a resource that you may consider using to give you some ideas for serving meals with less sodium. Some suggestions are:

- ▶ Choose entrees that use herbs and spices in place of part of the salt
- ▶ Offer salted snacks, (crackers, pretzels, nuts) in moderation
- ▶ Limit salty condiments such as mustard, catsup, relish and salad dressings
- ▶ Use herbs and spices to flavor vegetables
- ▶ Alternate fresh veggies with canned and frozen ones

Whole Grains Are More than Fiber

Anna Mae Florence RD, LD, Coordinator

The Dietary Guidelines Advisory Committee reviewed current scientific data that found:

- ▶ Fewer than 3% of children and adolescents had fiber intakes above the Adequate Intake level.

There are two types of fiber:

- ▶ Insoluble- mainly made up of plant cell walls that cannot be dissolved in water. It has a good laxative action.
- ▶ Soluble- made up of polysaccharides and it does dissolve in water. It has a beneficial effect on body chemistry, such as lowering blood cholesterol and blood sugar levels.

While fiber is a part of whole grains there is much more to them. Other nutrients besides fiber that can be found in whole grains are:

- ▶ Several B vitamins- thiamin, riboflavin, niacin, and folate
- ▶ Minerals- iron, magnesium, and selenium

Other health benefits that are acquired by eating whole grains are:

- ▶ reduced risk of asthma
- ▶ healthier carotid arteries
- ▶ reduction of inflammatory disease risk
- ▶ lower risk of colorectal cancer
- ▶ healthier blood pressure levels
- ▶ less gum disease and tooth loss

The *Dietary Guidelines for Americans* recommend making "half your grains whole" and schools should work to meet this recommendation in their meals.

A list of whole grains includes:

- ▶ Barley
- ▶ Brown rice
- ▶ Buckwheat
- ▶ Bulgur (cracked wheat)
- ▶ Millet
- ▶ Oatmeal
- ▶ Popcorn
- ▶ Whole-wheat bread, pasta or crackers
- ▶ Wild rice

Guidelines for Health

Here are some tips based on the 2005 Dietary Guidelines for Americans:

Make smart choices from every food group – choose lots of fruits and vegetables, whole grains, lean meats and low-fat milk and milk products.

Mix up your choices within each food group – choose many colors, textures and flavors to get a good mix of nutrients.

Get the most nutrition out of your calories – read labels to find foods that pack a nutrition wallop for the calorie cost.

Don't give in when you eat out and are on the go – choose steamed, grilled or broiled; watch portion sizes.

Find your balance between food and physical activity – move your body at least 30 -60 minutes a day.

Play it safe with food – clean hands, clean work surfaces and utensils; keep raw meats separate; cook and chill foods properly.

Sources: U.S. Dept. of Agriculture; U.S. Dept. of Health and Human Services



Defining and Comparing Fats

Rachel Johns RD, LD, Coordinator

Consuming fat is necessary for bodies to function properly. However, some fats are much better than others and it is important to be careful how much fat is consumed. It is also important to note that children under the age of two should not be consuming a low-fat diet.

A QUICK BREAKDOWN OF FAT:

Fat	Effect on HDL "Good Cholesterol"	Effect on LDL "Bad Cholesterol"	More Often	Less Often	Source
Monounsaturated	Increases	Decreases	X		Olive oil, canola oil, avocado and tree nuts.
Polyunsaturated	Decreases	Decreases	X		Soybean, sesame, safflower, and corn oil, as well as walnuts, flaxseed and seafood.
Saturated		Increases		X	Butter, whole milk, and fatty cuts of meat and poultry, coconut and palm oils.
Trans	Decreases	Increases		X	Margarine, cookies, crackers, and anything that has the term "hydrogenated" in the ingredient list has trans fats. Trans fats also occur in small amounts naturally in foods such as milk, beef, pork, lamb and butter.

Reference: Duyff, Roberta Larson. *American Dietetic Association Complete Food and Nutrition Guide 3rd Edition*. Hoboken: John Wiley & Sons, Inc, 2006.



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